

ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals **FOOD & NUTRITION NEWS**


Louisiana Association of Nutrition & Foodservice Professionals Newsletter

JULY—SEPTEMBER 2018



ALEXANDRIA VA HEALTH CARE SYSTEM
Presents
STAND DOWN
September 28, 2018 8:00am - 11:30am
ALEXANDRIA VA COURT YARD

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Association of Nutrition & Foodservice Professionals

VA |  U.S. Department of Veterans Affairs
Veterans Health Administration
Alexandria VA Health Care System
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Richard, formerly homeless Veteran
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Please send us your recipes for our recipe of the
quarter section of the newsletter.
Email recipes to score1cjh@live.com

Minnesota-based Ecumen is one of the United States' largest and oldest nonprofit senior housing and services companies. The company's "Awakenings" initiative aims to reduce the use of antipsychotic drugs for memory-care patients, by redirecting care towards holistic touchstones such as increased human contact, walks, games, exercising, pets, music, and reminiscence therapy.

Unsurprisingly, food is also a central focus. "Food surrounds every good and bad part of your life," says John Gleason, food and beverage director of Abitan Mill City, a cutting-edge downtown Minneapolis Ecumen facility. Clearly, in conjunction with reminiscences like music and play, food plays a fundamental role in everyone's existence, and memory-care patients are no different. Smith & Porter Restaurant + Bar at Abitan Mill City. Wander into the restaurant at the ground level off the handsome condo building on handsome South 2nd Street in the heart of downtown Minneapolis' Mill City, and aside from the concierge desk in the lobby there's little to indicate you've arrived anywhere but a chic urban bar and restaurant. Inside, a gas fireplace crackles along with flickering table candles. A lone gentleman sips bourbon at the bar and chats with the bartender who is vigorously shaking a cocktail. The menu is New American with a few global touches like salmon tataki and Moroccan chicken curry. Serving happy hour, dinner and brunch on weekends, the space feels like a peaceful oasis from the sometimes overwrought surrounding downtown eateries. In the adjacent space, Porter Cafe serves Izzy's ice cream by the scoop, espresso, soups, sandwiches and typical grab-and-go fare. Menu selections from either restaurant are available in the assisted living units room-service style any time a resident calls for them, and the proximity of both establishments to living quarters are an obvious boon to both the resident and the family. And, having them open to the general public incorporates an important energy and community synergy to the experience of dining out.

Chances are you wouldn't realize that a few floors up, a group of memory-care residents are dining around a common table of baked chicken thighs, house-made creamed corn, dinner rolls and a cinnamon cake for dessert that only one resident complains to me is "very heavy." While the latter may or may not be true, thousand-layer French croissants crowd in a basket on a modern center island in the "Play Kitchen." Residents and staff alike crow that they're the best croissants in the city. The Play Kitchen is an important element of the space, allowing residents access to sinks, stoves, ovens and other appliances (all retrofitted for safety) for cooking classes, easy access to snacks and beverages, or for family members to come in and prepare food of their own choosing. All obvious holistic touchstones extending into the thrice-daily need for nourishment.

Tonight's chicken dinner came out of the very same kitchen as the one putting out poutine and house-made crab ravioli for paying customers on the ground floor at Smith & Porter. While many of the daytime meals are prepared by a dedicated chef, the restaurant staff is also cross-trained on meal preparation for the assisted-living and memory-care residents occupying the projected 92 residents upstairs (Abitan is still in the course of filling its available units).

This cross-training goes beyond baked chicken thighs and cakes, to specialized preparations such as dysphagia diets (pureed for those who have difficulty swallowing). In many facilities, it's a perfectly acceptable industry protocol to blend every element of a meal into one shake for patients to consume, with the emphasis being on nutrition, rather than flavor. (So think burger, potato, and vegetable all mixed into one.) But at Ecumen, the emphasis is on both. Gleason says that the kitchen team will conduct experiments on each element of the meal, creating "mini-shakes" so that, for instance, that baked chicken tastes as much like a baked chicken should taste as possible, as well as the dinner roll and the cake. Instead of using water to thin out a food, what about using chicken stock or milk? Ecumen takes the time for the discovery, so "everything tastes as it should taste."

The team also empowers patients to feed themselves if they so choose, "and if they end up dirty, they end up dirty." Retrofitted utensils are available for patients with motor difficulties.

Recipe of the Quarter

Baked Cajun Catfish Creole

4 3-5 oz. catfish fillets

Creole sauce

½ c Chopped onions

¼ c Chopped celery

¼ c Bell pepper; chopped

2 tsp. Garlic; chopped

2 can Tomato sauce;

1 Bay leave; (whole)

2 tsp. Chili powder

Salt; to taste

Cayenne pepper; to taste

1 Tbs Sugar

2 tsp Thyme

1 tsp Dill weed

2 tsp Sweet basil

2 cup seafood stock

In a heavy pot, sauté seasonings in butter until done (10 minutes). Add tomato sauce and stock, bring to a rapid boil, and reduce to simmer. Stir occasionally and cook approximately one hour. Add more stock to retain volume. Season with salt and cayenne pepper to taste.

Place catfish fillets in baking pan with 2-inch lip. Cover with Creole sauce. Bake at 350 F. for 15-20 minutes.

The Louisiana Chapter of ANFP is an affiliate of the national not-for-profit association. ANFP was established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

If you have any questions regarding Louisiana ANFP, our activities or events, or if you would like to employ a CDM, CFPP in your facility, please contact any of our state officers.

ANFP is the premier resource for food service managers, directors, and those aspiring to careers in food service management. ANFP members work in hospitals, long-term care, schools, correctional facilities, and other non-commercial settings. The association provides foodservice reference, publications and resources, employment services for members, continuing education and professional development, and certification programs. ANFP monitors industry trends and legislative issues, and publishes one of the industry's most respected magazine.

Vision -The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

Mission - Position the Certified Dietary Manager as the expert in foodservice management and food safety.

For more information about ANFP please contact Association of Nutrition & Foodservice Professionals by telephone at 800.323.1908 or 630.587.6336.

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I write this in the dead of summer, always a bittersweet season — why is it we got summers off from school for all those years but don't get summers off from work? — but doubly depressing these days, when I find myself suffering from picnic panic. The hot, languid weather brings with it a series of outdoor family events for which, as a tribal elder, I'm charged with providing provisions. Lately, though, I've had my feet cut out from under me. For years — nay, decades — my contributions to the Hingston clan's Memorial Day and Fourth of July and Labor Day gatherings were no-brainers: I made what my mother once made. She was such a good cook that when she died prematurely, my husband and I typed up and photo-copied (quaint, I know) a booklet of her recipes, tried-and-true favorites on which she built her formidable culinary reputation. When the holidays rolled around, I simply re-created one of her delicious dishes and toted it along.

Along about a decade ago, though, I noticed I was toting home as much of my offerings as I'd concocted. My contributions were being overlooked — or shunned. Why should this be? Mom's extraordinary potato salad — fragrant with dill, spiced by celery seed — went untouched on the picnic table. So, did her macaroni salad, and her chicken salad, and her deviled eggs. ... When I carted home a good three pounds of painstakingly prepared Waldorf salad — all that peeling and coring and slicing! — I was forced to face facts: The family's tastes had changed. Or, rather, our family had changed. Oldsters were dying off, and the young ones taking our places in the paper-plate line were different somehow.

I racked my brain for the source of this generational disconnect. And then, one holiday weekend, while surveying the condiments set out at a family burger bash, I found it. On offer were four different kinds of mustard, three ketchups (one made from, I kid you not, bananas), seven sorts of salsa, kimchi, wasabi, relishes of every ilk and hue ...

What was missing, though, was the common foundation of all Mom's picnic foods: mayonnaise. While I wasn't watching, mayo's day had come and gone. It's too basic for contemporary tastes — pale and insipid and not nearly exotic enough for our era of globalization. Good old' mayo has become the Taylor Swift of condiments.

One of the reasons for mayonnaise's early popularity, according to public health historian David Merritt Johns, was that it served to disguise flaws in the ingredients it coated — potatoes past their due date, flabby cabbage, tuna that was less than pristine. Young people like my daughter somehow seem to have extrapolated this masking function from condiment to culture; for them, mayo quite literally whitewashed America's immigrants into eating dull food. And newer generations are refusing to meekly fall in line with a culinary heritage that never was theirs. Instead, they're gobbling up kefir and ajvar and chimichurri and gochujang again.

They're also shunning their parents' preferred restaurants — Applebee's, Ruby Tuesday, TGI Fridays — to seek out more authentic fare. Old-school eateries, in turn, are diversifying in their search for new customers. Just this year, Red Lobster rolled out a waffles-and-lobster option, and Red Robin launched a vegan burger. You don't put mayo on a vegan burger. McDonald's has debuted a Signature Sriracha Burger, joining KFC, Wendy's, and Subway in signing on to the sizzling Thai sauce's moment in the sun. You didn't see Huy Fong Foods start a schmear campaign against the cultural appropriation of that.

But what young people really, really love to hate on is mayonnaise. Back in 2013, BuzzFeed ran an article titled "24 Reasons Mayonnaise Is the Devil's Condiment." (The writer called it "slime of Satan.") Just three years later, BuzzFeed ran another piece, "23 Things You'll Only Understand If You Hate Mayo." By a different author. There was no overlap. Drew Magary penned a piece for Bon Appétit with the headline "Big Mayo Will Destroy Us All." A movie called *The Mayo Conspiracy* won the Best Comedy Feature at the 2015 World's Independent Film Festival. It concerns the gradual uncovering by a journalist of a mayonnaise cartel that plans to take over the world.

Clearly, there's something more to this river of resentment than a miscible mixture of eggs and oil. And it's obvious to me that this condimental divide can be traced to young folks' rejection of what they sneeringly consider a boring white food. Do you think 23andMe and My Heritage and all those other DNA testing companies are flourishing because people want to find out their ancestors came from Aberdeen? Hells, no; they wannabe from Marrakesh or Manchuria or Malawi. It's the same with condiments. I'm not part of the elderly mayo masses; I'm turkey and Swiss on ciabatta with tzatziki, chipotle spread and a little basil pesto. That's who I am, dammit. My sandwich, myself.

Published as "The White Stuff" in the August 2018 issue of Philadelphia magazine.

Source URL: <https://www.phillymag.com/articles/2018/08/11/mayonnaise-industry-millennials/>

What is a Veterans Stand Down?

The original Stand Down for homeless veterans was modeled after the Stand Down concept used during the Vietnam War to provide a safe retreat for units returning from combat operations. At secure base camp areas, troops were able to take care of personal hygiene, get clean uniforms, enjoy warm meals, receive medical and dental care, mail and receive letters, and enjoy the camaraderie of friends in a safe environment. Stand Down afforded battle-weary soldiers the opportunity to renew their spirit, health and overall sense of well-being.

That is the purpose of the Stand Down for homeless veterans, and achieving those objectives requires a wide range of support services and time. The program is successful because it brings these services to one location, making them more accessible to homeless veterans.

In July 2002, the founders of Stand Down – Robert Van Keuren, Dr. Jon Nachison and Vietnam Veterans of San Diego – asked the National Coalition for Homeless Veterans (NCHV) to become the “keeper of the flame” and provide national leadership for the movement. Since the first Stand Down in San Diego in 1988, the program has become recognized as the most valuable outreach tool to help homeless veterans in the nation today.

The Louisiana Homeless Veterans Outreach program will be holding their annual Stand Down on September 28th 2018, in Alexandria La, at the VA hospital. Louisiana ANFP will be one of the many supporters out there and will be providing both breakfast & lunch to the Veterans and staff.

Please consider joining us out there!!!!!!!!!!





Message from Our President Elect

Greetings Louisiana ANFP members!

I am always amazed about how fast time moves. We are now on the downhill side of the year 2018. Am looking forward to serving this chapter as President once again beginning in the fall. We can be very proud of our chapter. We are one of only two chapters to ever win the Diamond Award twice. It is a major accomplishment to reach this level once, not to mention twice.

John Hickson is now our National President Elect! And though he will be very busy on that level he will be available to advise us and continue with the newsletter and be chairperson on the Stand Down Committee.

September 28th at the VA Medical Center in Pineville, LA we will again this year be participating in Stand Down. This is a service provided by the VA to homeless veterans in an effort to provide them with needed services. Last year with the help of our awesome vendor partners we provided all in attendance with breakfast and lunch. We also had a booth space where we gave the veterans items that were gathered by our members (and their facilities).

String back packs filled with various items (socks, towels, belts, soap, shampoo, toothpaste and brushes, snacks). This was one of the most rewarding activities! Each one of us that was there working said we would be there again. It was quite awesome to see young members of ROTC, helping the homeless veterans go around each area and get connected with the services they need. The men and women who serve our country and find themselves homeless deserve our help. I really hope you will consider joining us this year!

If you missed our meeting in the spring you truly missed an awesome meeting. We had 100 dietary managers, in attendance and over 25 booths at our food show. We truly have some of the best vendor partners! We are already planning for next spring and of course we are planning to meet and exceed the success of 2018 meeting!

Hope to see all of you soon at either Stand Down or the state meeting!

Tami Rutten CDM, CFPP

**Louisiana ANFP
Financial Statement
As of 8/31/2018**

Income	ANFP Rebate	1,000.00
	Vendors Prepaid	7,612.60
	Extra Meals (5)	174.05
	Out state Members	252.70
	Class Registrations	676.83
	Raffle	103.00
	Total Income	<u>9,819.18</u>

Expenses:

Board Meeting Meal	595.24
Conference Programs	418.41
Meeting Posters	129.62
Supplies for meeting	88.18
Admin of the Year Plaque	31.08
Baskets For Raffle	67.81
Speaker Air Fare	494.00
Speaker	2,000.00
State Meeting rooms/meals	<u>6,552.17</u>
Total Expenses	<u>10,376.51</u>
<u>Donation to Barrett</u>	1000

Beg. Balance	<u>\$30,018.74</u>
Income	<u>\$9,819.18</u>
	\$39,837.92
Expenses:	<u>\$11,376.51</u>
Ending Bal	<u>\$28,461.41</u>
Beg. Balance	<u>\$30,018.74</u>
Ending Bal	<u>\$28,461.41</u>
Loss	<u>-\$1,557.33</u>

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Reinhart is dedicated not only to driving the success of our customers, but also the communities we serve. We're committed to lessening our impact on the environment and helping to end the hunger crisis because we care about the communities in which we live and work – and we continue to get better every day.



Message from your President



Dear fellow members;

I have enjoyed working with each and everyone of you in my time as your state president, and I hope you have been pleased with my efforts in this leadership role. I feel that under the leadership of our board the last four years we have been able to grow our association and show our industry just how professional we are and how we are dedicated to our chosen profession. I must inform you that as of October 2018 I will be stepping down as your state president and Mrs. Tamra Rutten will become your new state president. As of June 1st 2018 I will become your new National Chair—elect and will be installed as your National chair next June (2019). If you are interested in furthering your career, volunteering within our professional association is a good start. An association is a synergistic group, meaning that the effect of a collection of people is greater than just one person. So, how exactly can becoming part of this synergistic group help further your career goals? Here are some benefits of volunteering within our association.

Louisiana ANFP sponsors numerous events throughout the year that allow you to connect with your peers. You can share ideas, ask for advice, volunteer to be a speaker or become a member of a committee. Participating in forums, chat groups or discussion boards sponsored by the association is also a great way to grow your network. This allows you to use your peers as sounding boards and often make some great friends with the same interests as you. And don't forget, listing your volunteer activities for the Louisiana Association of Nutrition and Foodservice professionals on your resume is impressive to current or future employers as it shows that you are dedicated to staying connected in your profession.

Please consider becoming a volunteer member of our state association; just ask any board member which volunteer positions are open and if you are interested or want to nominate someone for a position please reach out to one of your present day board members with this interest and nomination.

Again thank you for allowing me to serve you over the last four years and don't worry I will be an active member for a long time to come.

Chef John E. Hickson

CCA, CDM, CFPP, FMP, CHESP, FSP, CP-FS

Louisiana State Chapter President

National Board of Directors – Chair Elect

Association of Nutrition and Foodservice Professionals

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Contact Us

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Visit us on the web at

<http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/home>

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